

## Plans for completion of HS1 with low- to moderate-levels of stress

**Distributed in class on 5/11/04**

**Paper #3 (due 5/18)** - This paper is not be too difficult if you *precisely follow instructions on the greensheet*. Late papers are strongly discouraged and will be penalized heavily (5 pts per day). Grades will ready by June 1 and will be posted on the website by ID number. *If* you want me to return your graded paper, you must include a self-addressed stamped envelope with sufficient postage for returning the paper. We will discuss this paper in class today.

**Retake the Online Live Well Inventory Survey (due 5/18)** - You took this survey at the beginning of the semester. You must now retake the survey to see if you have improved your understanding of the various elements of health. There are links to the survey on the homepage. Be sure to use the exact same (8 character) identification code used at the beginning of the semester: M or F (for male or female), first 3 letters of your mother's maiden name, first 2 letters of the month in which you were born, and last 2 digits of your zip code (e.g., Dr. G = MBARMA03). Then, print-out your results (not the entire survey) to receive credit.

**Final Exam (Monday 5/24/04 1215 - 130)** - By requirement of the GE aparachiks, the Final is cumulative. I have indicated to you in class that the exam is not [fully] cumulative. Therefore, I will go over with you specific items from the first **b** of the class in class before the final.

### Miscellaneous Topics

1. **Very late papers.** Nearly everyone has handed their papers in on time. *If* you are one of those unfortunate people who have not met their commitment to turn in their paper on time I will accept very last papers BUT they will receive, at most, 50% of the possible score. (This is out of fairness to the students who did turn in their papers on time.) Missing one or more papers makes it difficult to pass the course.
2. **Website.** Continue to check the course website *at least* one per week. I imagine you might want to check your grades to date to see where you stand.
3. **Come to class.** It is in your best interests to attend each class session.
4. **Communicate.** If you have any questions, please raise them in class or by email ([gerstman@email.sjsu.edu](mailto:gerstman@email.sjsu.edu))
5. Ideas for **stress management**
  - a. Be *kind* to yourself and to others
  - b. Focus on what is important and *don't sweat the small stuff*.
  - c. Simple *time management techniques* like making detailed lists and schedules help me.
  - d. *Physical* and *mind-body* things such as working out, yoga, and so on will make you happier and more efficient.
  - e. Do not forget the *basics*: eating well, sleeping sufficiently, *no* drugs or alcohol, and so on.
  - f. Don't forget to have *some fun*. (All work and no play make Buddy a dull boy.)
  - g. Class contributions for stress management . . .
6. The **Professor** reserves the right to modify the schedule and course content in the learning interest of his students. Therefore, he will NOT cover Chaps 14, 15, or 16.

*Thanks for being a good natured group!*